



A MATTER OF SUBSTANCE: AT-A-GLANCE

FEBRUARY 2015

A PUBLICATION OF IDPH
DIVISION OF BEHAVIORAL HEALTH

DIVISION QUICK FACTS

NAADAC Minority Fellowship Program Grant to offer education stipends

The NAADAC association for addiction professionals has announced that it has been awarded the ***Now is the Time: Minority Fellowship Program for Addiction Counselors Grant*** from SAMHSA. The program is intended to increase the number of culturally-competent master's level addiction counselors working with underserved and minority populations, and transition age youth. The fellowship will provide tuition stipends of up to \$20,000 per student, for at least 30 graduate students in their final year of an accredited master's program in addiction/substance use disorder counseling or in a counseling program with a concentration in addiction/substance use disorders. Applications are being accepted for the 2015-2016 academic year until February 28, 2015. For more information, visit the NAADAC website at <http://www.naadac.org/nmfp-ac>.

NSDUH Survey in Iowa

RTI International will conduct the National Survey on Drug Use and Health (NSDUH) in Iowa during 2015. The survey is authorized by the Public Health Service Act and is sponsored by SAMHSA. Because providers and local health departments may receive inquiries from the general public about this nationwide study, SAMHSA has asked IDPH to help disseminate information about the NSDUH to those in Iowa who may receive inquiries.

About the survey:

- The NSDUH is a scientific, national survey of the U.S. civilian non-institutionalized population aged 12 and older.
- The purpose of the study is to provide up-to-date information on alcohol, tobacco, and drug use; mental health; and other health-related issues.
- A limited number of people are selected to represent the population of the U.S.
- Participants do not need to know anything about illegal substances to answer the questions, and interviews with people who do not use illegal substance, alcohol or tobacco products are important to the survey.
- Survey responses are completely confidential

For more information, visit the NSDUH website at <http://nsduhweb.rti.org>.

Iowa Partnerships for Success Grant Project

On September 29, 2014, IDPH received a five-year Partnerships for Success (PFS) Grant from SAMHSA to address the priority issues of underage drinking and youth binge drinking in Iowa's counties of highest need, based on data. Through the State Epidemiological Workgroup (SEW), 20 counties were identified with the highest rates of underage drinking and youth binge drinking. These counties were then eligible to apply for funding by responding to a Request for Proposals. Through that competitive process, 12 counties were selected and funded: Allamakee County, Appanoose County, Audubon County, Chickasaw County, Clayton County, Delaware County, Emmet County, Jackson County, Sac County, Van Buren County, Webster County and Woodbury County.

The counties will use the Strategic Prevention Framework process in implementing a variety of environmental and individual strategies to impact the priority issues. For more information, contact Julie Hibben, PFS Project Director, at julie.hibben@idph.iowa.gov or 515-725-7895.

Tobacco Use Amongst Pregnant Women

Iowa Medicaid has released the following fact sheets regarding pregnant women and smoking:

- [2013 Iowa Medicaid - Smoking in the third trimester of pregnancy \(2007-2013\)](#)
- [2013 Iowa Medicaid - Factors associated with short interpregnancy intervals](#)
- [2013 Iowa Medicaid - Factors associated with NAS](#)

For more information, contact Debra Kane at debbie.kane@idph.iowa.gov or 515-281-4952.

FYI: We added a second page this month so be sure to check it out!

For more information about the Division of Behavioral Health, visit www.idph.state.ia.us/bh

For questions related to "A Matter of Substance," contact the editors:
Kevin Gabbert kevin.gabbert@idph.iowa.gov or Julie Hibben julie.hibben@idph.iowa.gov

A MATTER OF SUBSTANCE: AT-A-GLANCE

PAGE 2:

Drug Facts: Heroin

What is Heroin?

Heroin is an opioid drug that is derived from morphine, a naturally occurring substance found in certain types of poppy plants. Heroin is considered a narcotic, and is classified as a Schedule I controlled substance. Schedule I drugs, substances, or chemicals are defined as drugs with no currently accepted medical use and a high potential for abuse.¹ Heroin is highly addictive and is known to cause fatal overdose, spontaneous abortion, collapsed veins, and its use can lead to infectious diseases such as HIV/AIDS and hepatitis.¹ The risk for infectious disease is higher among individuals who are involved in risky behaviors like needle sharing and unsafe sex.

Heroin in Iowa

In 2013, 20 heroin overdose deaths were reported in Iowa.² Recent Centers for Disease Control and Prevention (CDC) data indicated that the overall heroin death rate has doubled in 28 states (including Iowa) in the past four years.³ In Iowa, heroin ranks 5th among other Schedule I drugs in individuals seeking treatment.

Health Effects of Heroin

- Severe psychological or physical dependence.
- Drowsiness, respiratory depression, constricted pupils, dry mouth, and unusual sensations in the extremities.¹
- Initial euphoria followed by an alternatively wakeful and drowsy state.³
- Insomnia, diarrhea, vomiting, and muscle and bone pain may develop as a result of withdrawal.³
- Collapsed veins, infection of the heart lining and valves, abscesses, cellulitis, and liver damage.⁵
- Pulmonary complications and pneumonia.⁵

References

1. Drug Enforcement Administration. (n.d.). Drug scheduling. Retrieved from <http://www.dea.gov/druginfo/ds.shtml>
2. Iowa Department of Public Health. Vital Statistics. (2013) Available upon request.
3. National Institute on Drug Abuse. (2014). Drug Facts: Heroin. Retrieved from <http://www.drugabuse.gov/publications/drugfacts/heroin>
4. Centers for Disease Control and Prevention. (2014) Heroin overdose deaths increased in many states through 2012. Retrieved from <http://www.cdc.gov/media/releases/2014/p1002-heroin-overdose.html>
5. Brown University Child & Adolescent Behavior Letter. (2013). Heroin and Your Teen: Facts for Parents. Retrieved from <http://www.statelibraryofiowa.org/services/online-resources/resources>

Contact epidemiologist, Toby Yak, with any questions — at toby.yak@idph.iowa.gov or go to: www.idph.state.ia.us/bh

UPCOMING EVENTS

'App'rehensive: The Blurring Lines of Gaming and Gambling
February 11 - Webinar 11:45 - 1:30pm
For more information, go to the Training Resources website at www.trainingresources.org.

38th Annual Governor's Conference on Substance Abuse
March 31 - April 1
Veterans Memorial - Comm. Choice Credit Union Conv. Center
For more information, go to the Training Resources website at www.trainingresources.org.